

## RECREATIONAL SWIM SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>PUBLIC SWIM</b>	8:00 am - 8:00 pm	5:30 - 10:30 am* 11:30 - 2:00 pm 3:00 - 3:30 pm 6:30 - 10:00 pm	5:30 - 10:00 am* 11:00 - 2:00 pm 3:00 - 4:30 pm 6:30 - 10:00 pm	5:30 am-2:00 pm* 3:00 - 3:30 pm 6:30 - 10:00 pm	5:30 am-2:00 pm* 3:00 - 4:30 pm 6:30 - 10:00 pm	5:30 - 10:00 am* 11:00 - 2:00 pm 3:00 - 10:00 pm	7:00 - 9:30 am 12:30 - 8:00 pm
<b>GAMES</b>	3:00 - 4:30 pm					3:30 - 5:00	4:00 - 5:30 pm
<b>LESSONS ONLY</b> No public swim		10:30 - 11:30 am 3:30 - 6:30 pm	10:00 - 11:00 am 4:30 - 6:30 pm	3:30 - 6:30 pm	4:30 - 6:30 pm	10:00 - 11:00 am	9:30 - 11:30 am 1:00 - 3:00 pm
<b>SENIOR SWIM (65+)</b>		2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	2:00 - 3:00 pm	
<b>LAP SWIM</b> 3 lanes available upon request	8:00 am - 8:00 pm	5:30 am - 9:15 am	5:30 am - 9:15 am	5:30 am - 9:15 am	5:30 am - 9:15 am	5:30 am - 9:15 am	7:00 - 9:00 am
<b>PRESCHOOL PLUNGE</b>	11:30 am - 1:00 pm						11:30 am - 1:00 pm

### PUBLIC SWIM

The diving board and rope are open along with toys and mats in the pool. Two lanes are available.

\*No deep end available during Hydro-Fit classes\*

\*No shallow end available during Shallow-Fit classes\*

### GAMES

Join us for fun games with a lifeguard! Children can enjoy different themes and activities that will keep them moving in the water!

### SENIOR SWIM (65+)

This time is designed for seniors to come in and enjoy the quiet atmosphere of the pool. The hot tub and sauna are still available for public use.

### LAP SWIM

Upon request, three lap lanes available: slow, medium and fast.

### LESSONS ONLY

Hot tub, sauna and one lap lane are available.

### PRESCHOOL PLUNGE

Raised tables are placed in the pool for little ones to stand on and enjoy the water. Toys are available during this time. \*Please make sure all little ones are wearing Little Swimmers diapers\*

**Child aquatics programs on page 27**

## AQUATIC FITNESS PROGRAMS

	SUN	MON	TUES	WED	THUR	FRI
<b>HYDRO-FIT</b>	10:00 - 11:00 am	9:15 - 10:15 am	9:15 - 10:15 am	9:15 - 10:15 am	9:15 - 10:15 am	
<b>GENTLE AQUA-FIT</b>		2:00 - 2:45 pm		2:00 - 2:45 pm		2:00 - 2:45 pm
<b>SHALLOW-FIT</b>			7:30 - 8:30 pm		7:30 - 8:30 pm	
<b>TURBO PUMP</b>			12:10 - 12:50 pm		12:10 - 12:50 PM	

**HYDRO-FIT:** A 60 minute deep-water aerobics class with floating belts. We reserve the right to change the schedule.

**GENTLE AQUA-FIT:** A 45 minute shallow water class. Low impact and easy on the joints.

**SHALLOW-FIT:** A 60 minute high intensity shallow water class incorporating a variety of cardio & strength exercises that are sure to get your heart pumping.

**TURBO PUMP:** This noon-hour class is an intense cardio workout incorporating both upper and lower body. The class will finish with a stretch component.

• All children **must** be 7 years old to swim by themselves, children under 7 years **must** be within arms reach of an adult •

- We reserve the right to change schedules.
- Fees subject to applicable taxes.